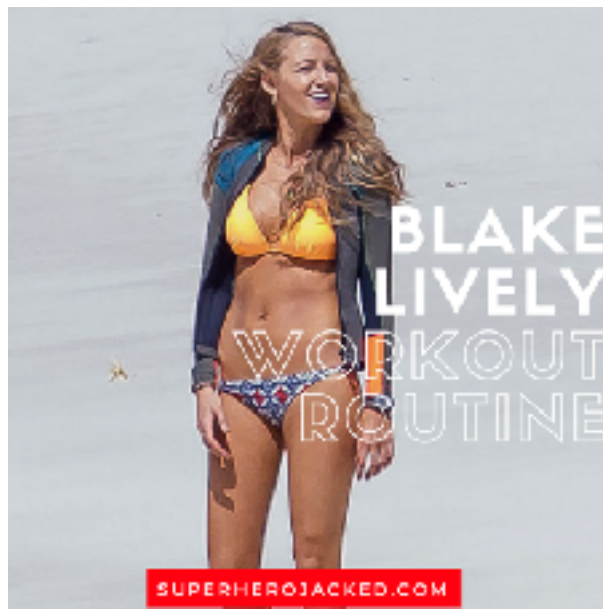


BLAKE LIVELY

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Blake Lively

Workout Routine:

Training Volume:

5-6 days per week

Explanation:

We're told Lively works out 5-6 days a week. I'll program you days, but keep in mind it's okay to be human. Try to break a sweat for at least 10 minutes a day if you can't get a full workout in.

Day One: Upper Body

Warm Up:

Stretch

400m jog

Workout:

Bench Press (BB or DB)

3×10

Power Cleans

3×10

Pull Ups (or Assisted, Pike Push Ups, Door Pulls, etc)

3×10

Dips

3×10

Arnold Press

3×10

One Arm Dumbbell Snatch

3×10 (each arm)

Cooldown:

5-20 min of Yoga or Foam Rolling

Day Two: Lower Body

Warm Up:

Stretch

400m jog

Workout:

Back Squats

3×10

Weighted Step Ups

3×10

Deadlifts

3×10

Weighted Lunges

3×10

Calf Raises

3×10

Jump Rope or Double Unders

DU's : 3×25

JR: 3×100

Cooldown:

5-20 min of Yoga or Foam Rolling

Day Three: Arms

Warm Up:

Stretch

400m jog

Workout:

Tricep Kickbacks (Cable)

3×10

Dumbbell Bicep Curls

3×10

Push Ups (or Knee Ups)

3×10

Tricep Overhead Extension (Cable or DB)

3×10

Hammer Curls (Cable)

3×10

Dips

3×10

Cooldown:

5-20 min of Yoga or Foam Rolling

Day Four: Interval Training

Warm Up:

Stretch

800m jog

Workout 1:

3 Rounds for Time:

10 Thrusters

5 Pull Ups

2 Burpees

Workout 2:

1 Round for Time:

60 Jump Rope

50 Second Plank Hold

40 Jump Squats

30 Mountain Climbers

20 Clean and Press

10 Burpees

Cooldown:

5-20 min of Yoga or Foam Rolling

Day Five: Accessory Work (Full Body)

Warm Up:

Stretch

800m jog

Workout:

Chest Flys

3×10

Dumbbell Clean and Press

3×10

Front Squats

3×10

Straight Leg Deadlift

3×10

Shoulder Front Raises

3×10

Barbell Snatch

3×10

Cooldown:

5-20 min of Yoga or Foam Rolling